



# SWEETWATER<sup>TM</sup>

L I F E

APRIL 2017  
VOLUME 2 ISSUE 4

## UPCOMING EVENTS

### **APRIL 1ST COMMUNITY WIDE GARAGE SALE**

8 AM - 12 PM

This is an annual event, place items in your front yard.

### **APRIL 5TH BOOK CLUB**

Please join the Sweetwater Book Club to discuss Eligible: a modern Retelling of Pride and Prejudice by Curtis Sittenfield. This month's book club selection. Feel free to come early to mingle and meet the other club members. Point of Contact: Judith Young, [Milliespark123@verizon.net](mailto:Milliespark123@verizon.net)

### **APRIL 5TH & 19TH SWEETWATER STORYTIME**

9:30AM - 10:00 AM

Moms, dads, and tots come join us for another fun month of storytime!

\*\*\*Don't forget, when SWW storytime is happening, the LT Book Mobile Unit is here! Check out books, get a library card, request books, or check out DVD's, audiobooks, and more!

### **APRIL 8TH ANNUAL WILDFLOWER FESTIVAL**

11 AM - 3 PM

Come enjoy this fun filled event for the whole family. Bring your kids and furry friends for wildflower photos ops. Legendary Bluebonnets, Local food trucks and live music with Echo's Edge and Sophia Johnson band. The Austin Pets Alive Event and raffle will benefit the APA.

### **APRIL 15TH EASTER EGGSTRAVAGANZA**

10 AM - 1 PM

The Easter Bunny will be here! Come join the fun! Easter egg hunt for the kids. Arts and crafts activities and photos with the Easter bunny at the Poolside Pavilion. Face Painting will be available. Please stay for a picnic hosted by the Sweetwater HOA. Hamburgers, hotdogs and chips provided. Don't forget to bring your blankets and refreshments

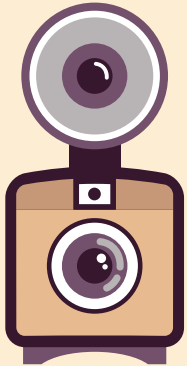
### **APRIL 21ST FAMILY GAME NIGHT**

6:30PM - 8:30 PM

If you missed the first family game night in March, do not fret, we will be scheduling more theme based game nights throughout the year. All ages are encouraged attend.

## COVER PHOTO

### Do you take amazing photos?



Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the *Sweetwater Life*. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to [sweetwater@peelinc.com](mailto:sweetwater@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/Sweetwater](http://www.PEELinc.com/Sweetwater), and

view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the *Sweetwater Life* or other Peel, Inc. publications. Call 512-263-9181 to find out how to have your business featured on the cover of the *Sweetwater Life*.

## ADVERTISING INFO

Please support the advertisers that make the *Sweetwater Life* newsletter possible. The Sweetwater HOA receives this newsletter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The *Sweetwater Life* is mailed monthly to all Sweetwater residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Sweetwater Life* please email it to [sweetwater@peelinc.com](mailto:sweetwater@peelinc.com). The deadline is the 15th of the month prior to the issue.

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

### SCHOOLS

Lake Travis ISD .....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary .....	512-533-7500

### GOODWIN MANAGEMENT

Property Manager.....	512-502-2116
.....	<a href="mailto:SweetwaterManager@goodwintx.com">SweetwaterManager@goodwintx.com</a>
Customer Service .....	512-502-7515
Accounting.....	<a href="mailto:info@assnsvcs.com">info@assnsvcs.com</a>
Architectural Review .....	<a href="mailto:SWWArchitectural@goodwintx.com">SWWArchitectural@goodwintx.com</a>

### UTILITIES

Pedernales Electric.....	888-554-4732
Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service Customer Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T .....	1-800-288-2020
Time Warner Cable.....	512-485-5555
Austin/Travis County Hazardous Waste .....	512-974-4343

### OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library .....	512-767-6620
Bee Cave Municipal Court .....	512-767-6630
Lake Travis Post Office .....	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>
Travis County (General No.).....	512-854-9020
.....	<a href="http://www.traviscountytx.gov">www.traviscountytx.gov</a>

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
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Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

# Sweetwater Life

## A LITTLE BIT OF VITAMIN N

“Embrace natural resilience. Falling down is part of a well-balanced childhood. (And, for that matter, adulthood.) Children love exploring the dangers of nature – especially if there’s a positive adult who helps them feel secure enough to take healthy risks, and if they fall, to learn to stand up again.”

Vitamin N: The Essential Guide to a Nature-Rich Life. Richard Louv, 2016.

### Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to [articles@peelinc.com](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).

SWEETWATER **LIFE**.COM

**BE SURE TO REGISTER ON OUR  
NEW HOA WEBSITE  
[WWW.SWEETWATERLIFE.COM](http://WWW.SWEETWATERLIFE.COM) !**

This is the official communication vehicle for residents of Sweetwater. Visit the site often for events, activities, news, updates and information about living in and around Sweetwater.

Residents of Sweetwater are encouraged to register, by clicking on the Registration button in the Log In box, located in the right hand corner of the homepage. During the registration process, you will have the choice to opt in to our mailing list, and to our Resident Directory.

Login to your account at [www.SweetwaterLife.com](http://www.SweetwaterLife.com) to view important HOA documents, upcoming events as well as view your account. Need assistance logging in? Contact the Sweetwater Manager at 512-502-2116 or [sweetwatermanager@goodwintx.com](mailto:sweetwatermanager@goodwintx.com).

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512.263.3937

## Reminders from the Property Management Office

Keep the following things in mind in the upcoming weeks:

- Spring has arrived early, please make sure you are mowing and weeding your yard on a regular basis. A clean and healthy yard helps maintain the beauty of the community.
- Vehicles may not be parked in the street longer than 4 hours at a time. No vehicle may be permanently parked on any road or street within the community unless in the event of an emergency. "Emergency" means an event which jeopardizes life or property.
- Refuse, garbage and trash shall be kept at all times in covered containers and such containers shall be kept within enclosed structures or appropriately screened from view or in the area(s) designated for such purposes on the house plan approved by the Architectural Review Committee for such lot.

### New On-Site Property Manager Office Hours:

Tuesday - Saturday - 10am – 5 pm

Office Phone: (512) 502-2116

Cell Phone: (512) 850-9097

Email: [SweetwaterManager@goodwintx.com](mailto:SweetwaterManager@goodwintx.com)

## Sweetwater HOA Assessments

Quarterly payments become due on:

January 1st

April 1st

July 1st

October 1st

The quarterly dues payment is \$157.50.

You have until the 16th to send in your HOA payment before a late fee of 1.5% is charged to your account.

The payment address is:

Sweetwater Master Community  
c/o Goodwin Processing Center  
PO Box 93447

Las Vegas, NV 89193-3447

**\*\*include your account number**

You can contact Customer Service at 512-502-7515 for questions regarding your account or to request your account number.



**Contact Us Today for a FREE Market Analysis!**

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As of March 8, 2017 MLS Stats for Sweetwater were as follows:

11 Homes Sold so far this year at an average price of \$162.88 per square foot

7 Homes Pending Sales and 38 Homes Active on the market

*Please let us know if you would like additional stats for Sweetwater or surrounding areas.*

**Shelli McLaughlin**

(512) 698-8932

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## Lake Travis Retired Physicians Expands

The recently established Lake Travis Retired Physicians has grown to about 30 active members who meet second Mondays at Flintrock Falls Clubhouse, 11 a.m. to 1 p.m. There is no fee to attend, but advance lunch reservations are required.

The retired doctors' group first organized in October 2016, in association with Baylor Scott & White Medical Center—Lakeway.

"We are grateful to the hospital for helping to launch our new group, but with 30 active members, we worried that we were outgrowing our space," said Dr. Bill Evans of Lakeway, group chair.

At the March meeting, the retired doctors heard from John Redford, executive director of The Harbor at Lakeway, about the memory-care and assisted living industry. The April 10 speaker is Dr. Twisha Verma, radiation oncologist at Austin Cancer Center—Lakeway.

On May 6, the group, along with spouses/partners, will enjoy an evening social at a member's home.

To join or inquire, contact Dr. Bill Evans of Lakeway, 512-261-3536; or send an email to organizer Pat Evans at [patevans39@gmail.com](mailto:patevans39@gmail.com). Ideas for speakers are welcome.



## Lake Travis High School Project Graduation

### WHAT IS PROJECT GRADUATION?

Graduation is a right of passage for our Seniors, a night to be proud, To celebrate past achievements, and to look forward to their future. Graduates celebrate all night, with adult supervision, in a drug and alcohol free environment of fun-filled activities.

Project Graduation is a yearlong program sponsoring approved Senior events including an All Night Lock-In following the Senior Graduation Ceremony. Project Graduation depends solely on funds raised from generous local businesses, student organizations, parents and several fundraising activities.

Immediately Following the LTHS Graduation Ceremony, the graduates are transported by bus to a safe alternative to "Party Hopping" and it gives parents peace of mind knowing their son or daughter is celebrating in a safe, yet fun environment supervised by adults. It provides the graduating Seniors the opportunity to share with their classmates an all-night celebration of activities consisting of music, dancing, food, fun, games, and prizes.

Visit <http://www.ltpprojectgraduation.com> for more information, sponsorship opportunities and to volunteer.

Save the date for the Mom's Dinner!!

Austin Area Chevrolet Dealers

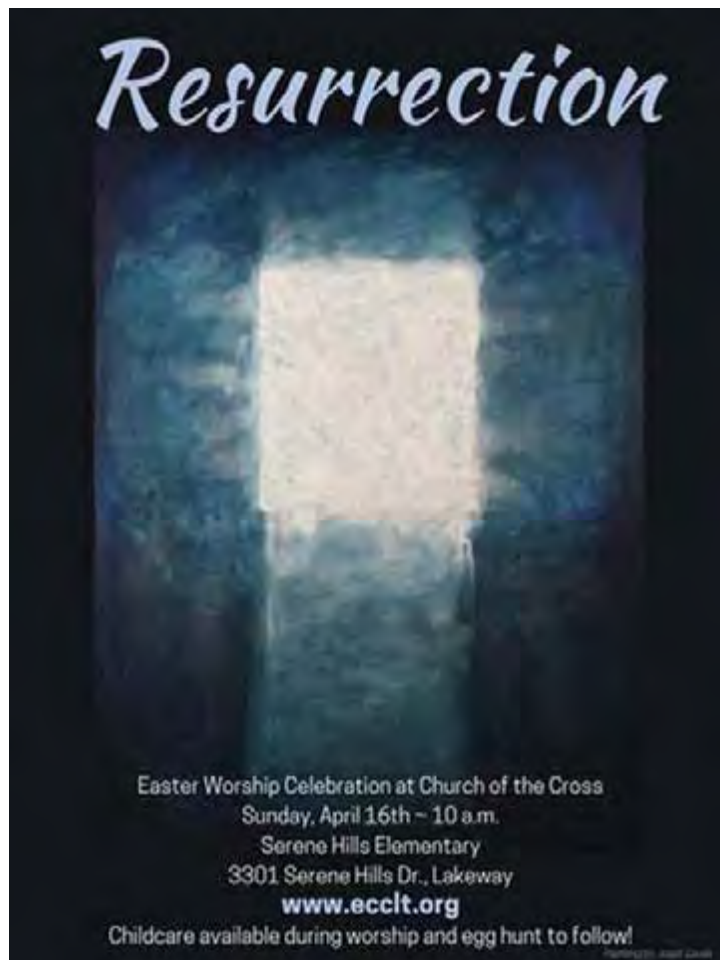
Present

Denim & Diamonds Mom's Dinner

Lakeway Inn Resort and Spa

Sunday, April 2nd from 5 to 9 pm

[www.ltpprojectgraduation.com](http://www.ltpprojectgraduation.com) to buy your tickets



## Resurrection

Easter Worship Celebration at Church of the Cross

Sunday, April 16th ~ 10 a.m.

Serene Hills Elementary

3301 Serene Hills Dr., Lakeway

[www.ecclt.org](http://www.ecclt.org)

Childcare available during worship and egg hunt to follow!

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## Inside Austin Gardens Tour Set for May 6, 2017 By Travis County Master Gardeners Association



The Travis County Master Gardeners Association has set Saturday, May 6, 2017, 9:00am-4:00pm, for their popular Inside Austin Gardens Tour (IAGT). The tour provides a rare look inside five private gardens and one public experimental garden that

demonstrate realistic, sustainable gardening practices for Central Texas that will inform and inspire.

The tour's theme remains: "For Gardeners. By Gardeners", focusing on the vast variety and practical beauty of native and well-adapted plants in the garden. In turn, each garden has a theme that highlights a particular set of characteristics Central Texas gardeners are likely to encounter in their own gardens. Those themes are:

Earth-Kind Landscaping – environmentally friendly principles and a secret garden

Wildlife Restoration, Preservation – 23 acres of fruits, veggies, beehives and miniature horses

Birds, Butterflies, and Zen – natives, natural attractors along with meditation space

Sun & Shade – sunny daylilies to die for; shady umbrellas and gingers to soothe the soul

A Journey Through Fairyland – whimsical design, a plethora of plants and a garden piano

AgriLife Testing Ground – rainwater collection, new varieties and proven winners

Wendy Buck, the 2017 IAGT Chair, described the unique nature of the tour this way: "This really is a garden tour for gardeners, by gardeners. These distinctive private gardens have never been open to the general public before. Our aim is to educate and enthuse. Interested gardeners can experience a wide array of ideas, learn the details from the Master Gardeners that created the gardens, and

know how to execute those ideas successfully in their own gardens."

Native and well-adapted plants require less water and less maintenance. They survive the Central Texas environment which includes erratic swings in temperatures, high summer heat both day and night, drought, flood, clay soil, and rocky soil. And, they are remarkably varied in style and structure. Natives provide food for animals and insects while establishing a beautiful, unique sense of place. They are the foundation of all the sites on the Inside Austin Gardens Tour.

About Inside Austin Gardens Tour

Originating in 2005, the IAGT is held every 18 months by the Travis County Master Gardeners Association and Travis County AgriLife Extension Service. The one-day event features behind-the-scenes looks at gardens of Travis County Master Gardeners. As many as 2,500 people typically attend. A pass to all six gardens is \$20 in advance or \$25 on the day of the tour. Individual gardens are \$5. The event is held rain or shine from 9:00 AM to 4:00 PM. Only service dogs are allowed. Complete information and tickets at:

**WWW.INSIDEAUSTINGARDENS.ORG**



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## Give on Earth Day!



Give 5% to Mother Earth is an annual Earth Day campaign that raises funds and awareness for local environmental nonprofits working to protect and preserve our natural resources in Central Texas.

Give 5 partners with more than 100 local businesses who pledge to donate 5% of sales on Friday, April 21st – in honor of Earth Day - to Give 5's 9 nonprofit beneficiaries, each of which is working to keep Austin clean, green, and healthy. This year's benefiting nonprofits include: Hill Country Conservancy, Shoal Creek Conservancy, Austin Parks Foundation, Sustainable Food Center, Waller Creek Conservancy, Pease Park Conservancy, Treefolks, Friends of Barton Springs Pool, and Texas Campaign for the Environment Fund.

By patronizing Give 5's generous business partners on Earth Day, Austinites are helping to support these amazing causes! For a full list of participating businesses, please visit:

[www.austingive5.org](http://www.austingive5.org)



# How to Raise a Confident Child

*Neena Hamamcy, MA, LPC, LMFT*

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

## **Help Your Child Express and Embrace their Feelings**

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

## **Teach Ownership**

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

## **Create Experiences to Help Your Child Feel Successful**

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

## **Try to Understand and Heal your own Self-Worth Issues**

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

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## Spring is Here!

*Article by Rita Droege Lopez, business owner and creative designer. If you would like more home design and/or organization tips, please contact [rita@tarragonadesigns.com](mailto:rita@tarragonadesigns.com)*

It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

### 1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:

1. Agreeable Gray-Sherwin Williams 7029
2. Intellectual Gray-Sherwin Williams 7045
3. White Flour-Sherwin Williams 7102
4. Ancient Marble-Sherwin Williams 6162
5. Sea Serpent-Sherwin Williams 7615

### 2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...



**Partners in Hope Lake Travis**  
**2nd Annual Volunteer Appreciation Family Event**  
Food. Live Music. Cash Bar. Silent Auction. Door Prizes  
**Sunday, April 9, 2017**  
**4:30 - 7:00pm**



**Iron Wolf Event Center**  
101 County Road 409, Spicewood, TX 78669  
All past, current & future volunteers and their families welcome!



Visit us at [www.partnersinhopelaketraavis.org](http://www.partnersinhopelaketraavis.org)

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